



[For local radio stations: Live-read radio public service announcements]

Radio Public Service Announcement for NDEP
60-Second Live-Read Script
Diabetes Prevention & Family History

Did you know that type 2 diabetes runs in families? If your mother, father, brother or sister has type 2 diabetes, you have a greater risk of developing diabetes too. Women who had gestational diabetes when they were pregnant are at risk for developing diabetes in the future, and so is their child from that pregnancy.

The good news is that you *can* prevent or delay type 2 diabetes by losing a small amount of weight and being more active.

Take the first step today. Talk to your family and find out if you have a family history of diabetes. Then talk to your doctor. You can't change your family history, but knowing about it can help you change your future. Visit the National Diabetes Education Program's website www.YourDiabetesInfo.org for more information.

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Diabetes Prevention & Family History

Diabetes runs in families. If you have a mother, father, brother or sister with type 2 diabetes, you have a greater risk for developing the disease too.

But you can prevent or delay type 2 diabetes by losing a small amount of weight and being more active.

Find out about your family history of diabetes. Then talk to your doctor. Learn more at www.YourDiabetesInfo.org.

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